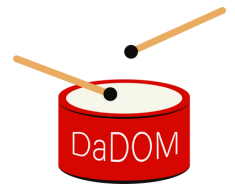


# Study Guide



**Sources:** Teachers, internet, assignments

**Duration:** 7 lessons, including final assignment

## Introduction

Music is not just a form of entertainment; it is a powerful tool that uniquely influences our brain. Numerous studies have shown that music offers a range of health benefits, with the brain playing a central role.

From improving cognitive functions and stimulating creativity to reducing stress and promoting emotional well-being, music has an extraordinary capacity to touch us on a deep level.

In this lesson module, we will delve deeper into the role of music in healthcare and how it can become an integral part of interventions in small-scale care situations. We will explore how music can be applied in various care settings, such as hospitals, nursing homes, rehabilitation centers, and hospices, and how it contributes to the recovery, comfort, and well-being of patients.

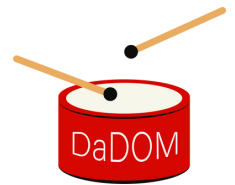
Through music, we can connect, express emotions, and create a sense of community, which is essential for promoting a holistic sense of wellbeing.

So let's dive together into the world of music in healthcare, where sounds and tones come together to heal, comfort, and inspire.

## Conclusion:

A personal case study where you have applied music in a small-scale care situation.

# Study Guide



This study guide is structured over 9 weeks and includes all 7 lessons, along with a final assignment. The study guide is flexible and can be adjusted to the available time and the context in which the lessons are given

<p><b>1</b></p>	<p>Introduction to music in healthcare</p>	<p><b>Theoretical Instruction</b></p> <p>Introduction to Music in Care</p> <p><b>To do:</b>            Assignment 1    Music styles            Assignment 2    Poster</p> <p>Explanation of Final Assignment</p>
<p><b>2</b></p>	<p>Music and the brain</p>	<p><b>Theoretical instructions</b></p> <p>What effects does music have on our brain.</p> <p><b>To do:</b>            Assignment 1    Article on music and the brain            Assignment 2    Film professor Erik Scherder</p>
<p><b>3</b></p>	<p>Sound environment</p>	<p><b>Theoretical instruction</b></p> <p>Influence of environmental sounds on health.</p> <p><b>To do:</b>            Assignment 1    Case “Mevrouw Jansen”            Assignment 2    A musical activity            Assignment 3    Applying music in healthcare</p>
<p><b>4</b></p>	<p>Using music</p>	<p><b>Theoretical instruction</b></p> <p>What activities can be applied in care situations</p> <p><b>To do:</b>            Assignment 1    Casus “Joris is aggressive”            Assignment 2    Music that does not make you happy.            Assignment 3    What activities are there? What suits you?</p>

5	Working systematically	<p><b>Theoretical instruction</b> How do you work from problem to solution?</p> <p><b>To do:</b> Assignment 1 Case Herman Jansen Assignment 2 Providing care in a planned manner</p> <ul style="list-style-type: none"> <li>• Reading information on reporting</li> <li>• Writing a report</li> <li>• Discussing care issues</li> <li>• Describing the care issue</li> <li>• Describing the care goal</li> <li>• Describing actions</li> <li>• Evaluating the care</li> </ul>
6	Music therapist	<p><b>Theoretical instruction</b> What do music therapists do?</p> <p><b>To do:</b> Assignment 1 Music therapists and the healthcare professional Assignment 2 Music and recovery</p>
7	Guest lecture or personal input	<p><b>To do:</b> Completing assignments</p>
8	Guest lecture or personal input	<p><b>To do:</b> Completing final assignment</p>
9	Concluding	<p>Discussing the final assignment</p> <p><b>To do:</b> Submitting the final product</p>

